



WORRIED ABOUT ENERGY BILLS?

If you spend a large amount of your income on electricity and heating bills, see inside for tips on how to make them more affordable.

Are you worried about gas or electricity bills?

The costs of heating your home have risen sharply over recent times. If you are spending a large amount of your income on heating, you can make heating your home more affordable by:

- Improving the energy efficiency of your home.
- Getting the cheapest gas and electricity prices.
- Maximising your income by ensuring you claim all your entitlements.

Saving energy and getting advice on gas and electricity suppliers

By making your home more energy efficient, and by changing habits, you can:

- Save money.
- Make your home warmer and healthier.
- Help to protect the environment.

If you want information about stopping wasting energy and money then call the following number (which is free) and speak to an energy advisor – **Energy Savings Trust**, tel: 0800 512 012
web: www.energysavingtrust.org.uk/scotland

Maximise your income

To ensure you have all your benefit entitlement please call, or visit, the following organisations in your local area:

- **Citizen's Advice Bureau**

Clydesdale: 01555 664 301;

Hamilton: 01698 283 477;

East Kilbride: 01355 263 698;

Rutherglen/Cambuslang: 0141 646 3191.



- **Money Matters**

Tel: 0303 123 1008 (and press 0)

Or visit your local South Lanarkshire Q&A Office.



Hot Tips to stop wasting heat and money

- Turn your thermostat down by 1°C and save around £50 a year on your heating bill.
- Fit heating controls like automatic timer switches, room thermostats and thermostatic radiator valves.
- It is cheaper to keep the central heating on at a low level constantly than putting it on 'high' for a while, then switching it off.
- You should aim to keep your living room at 23°C (73°F) and all other rooms at 21°C (70°F).

- Insulate your hot water pipes and save another £10 per year.
- Make sure your hot water tank is insulated with a lagging jacket at least 3 inches thick.

- Cosy up and close your curtains at dusk to keep the heat in.
- Wearing several thin layers keeps you warmer than wearing one thick jumper.
- Keeping active by taking some form of light exercise in the house will keep the circulation going and warm you up.

- Have a shower! Having a bath uses 5 times more energy than taking a shower.
- Only boil as much water as you need when filling the kettle.
- Using pot lids reduces condensation and saves energy.

- Do not leave television/video/music system on standby as it can use as much electricity as a 60W light bulb. Turn off at the plug.
- Use energy efficient light bulbs.
- Do not leave your mobile phone on charge all night. It only takes about 1 hour to charge – the rest of the time it is plugged in is a waste of money.
- When buying a new appliance always look for the Energy Saving Trust Recommended certification mark.



Stay Warm & Well

Poor energy efficiency and finding it hard to heat your home can have damaging effects on your quality of life and your health. Acting on the advice in this leaflet can help both your health and your finances.



REDUCE YOUR ENERGY COSTS